

# PROJECT RECOVERY UPDATE

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A division of the Mississippi  
Department of Mental Health



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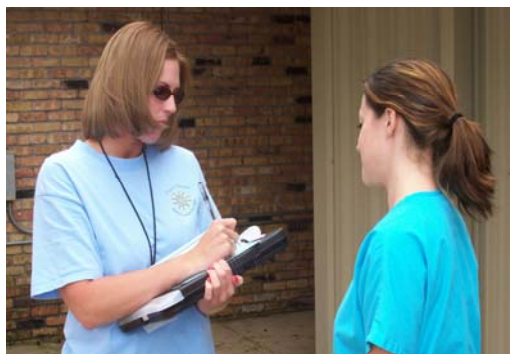
## Healing Continues One Year Later

As the anniversary of Hurricane Katrina approaches, many people in Mississippi may begin to feel a return of fear and uneasiness.

The anniversary reaction can involve days, weeks or even months of anxiety, anger, nightmares, flashbacks, depression or fear.

Project Recovery will be readily available to help adults, senior citizens, children and people with special needs cope with the stress and anxiety related to the anniversary of Katrina.

Project Recovery has had more than one million brief encounters (less than 15 minutes) and more than 168,000 individual crisis counseling sessions since the project began.



“Hurricane Katrina dealt Mississippi and the Gulf Coast in particular a devastating blow,” said Dr. Randy Hendrix, Executive Director of the Mississippi Department of Mental Health. “Now one year later, Mississippians and Project Recovery should be commended on their determination, hard work and stamina.”

The determination of Project Recovery Outreach Workers leads to thousands of success stories.

Learning how to deal with stress is one of the many things Mississippians were faced with in the aftermath of Katrina.

Project Recovery met with an elderly female client in Poplarville who was learning first hand the impact stress can have on your life.

Since the hurricane, she had several family members staying with her. She told Project Recovery that she was feeling stressed and guilty due to the high level of needs in her home situation and her reactions to the situation. She had become angry and resentful due to the disruptions in her life.

Project Recovery referred her for counseling assistance, which she received. On follow-up, Project Recovery found the client much happier. She said she had received a great deal of assistance from the counseling and she was now able to handle her situation.

While her family members are still staying with her, she said she feels much better now that she is able to handle the situation appropriately and is experiencing far less stress and guilt.

“There are so many success stories like this one in Mississippi,” said Jennie Hillman, Project Recovery Director. “Our Outreach Workers are daily providing support to the community to help Mississippians on the road to recovery.”



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**We Are Here**  
**To Listen**

We're on the Web!  
[www.projectrecovery.ms.gov](http://www.projectrecovery.ms.gov)

## August Employees of the Month

The Project Recovery Gulfport West team of Region 13 have been selected as August Employees of the Month.

The team is always professional in their approach to clients and genuinely cares about the clients they serve. Each outreach worker takes time to listen to clients, attempts to assist them with their immediate needs and make appropriate referrals, when needed.

This team has worked tirelessly to

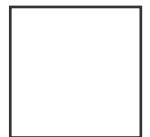
provide outreach services to clients who live in the hardest hit areas of our state.

Employees of the Month are Elvina Barnes, Martha Bettencourt, Jill Brandell, Mims Carter, Courtney Davis, Travis Dickey, Johnnie Esry, Kenny Guenther, Melissa Herndon, Jeanette Jordan, Rose Juzang, Vonceil Lane, Karen McLeod, Chellie Modling, Mary Oatis, Constant Payne, Brenda Salloum, Jennifer Storey and Aga Young.



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